

Week 4: Green

	Sun	Mon	Tue	Wed	Thu	Fr	Sat
Vegetables Daily Intake <i>Cups</i>							
Fruits Daily Intake <i>Cups</i>							
Total Daily Points							

5 Point Bonus
What new Green produce did you try?

Points



“Eat the Rainbow” Challenge **Green Benefits**

Produce

- Artichokes
- Lettuce
- Zucchini
- Green Beans
- Arugula
- Chard
- Collard Greens
- Limes
- Green Apples
- Honeydew
- Kiwi
- Green Pears
- Green Peppers
- Broccoli
- Cabbage
- Kale
- Brussel Sprouts
- Celery
- Cucumber
- Okra
- Green Onion
- Leeks

Phytonutrient

- Lutein
- Indoles
- Isothiocyanates
- Sulforaphane

Benefits

- Prevents Macular Degeneration
- Supports Strong Bones & Teeth
- Strengthens Immune System
- Reduces Risk of Developing Some Cancers